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## Westman Physical Literacy Committee

### A bit about our Westman Physical Literacy Committee...

Our purpose is to provide an avenue for interested partners to work together to promote, implement and evaluate programs, services, amenities and policy which increases the physical literacy of Westman children ages 0 - 12.

We have representation from Prairie Mountain Health, Indigenous and Municipal Relations, Sport Manitoba, Westman Childcare Directors, Westman Recreation Practitioners Association and Assiniboine North Parent Child Coalition.

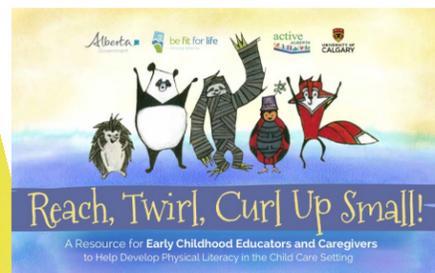
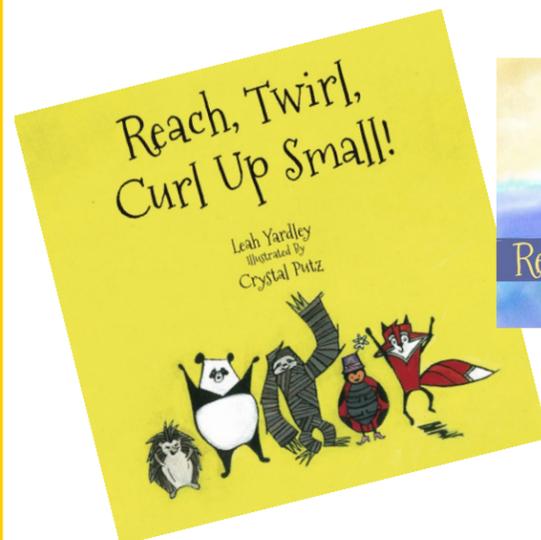
This e-news is a part of our 2016-17 Physical Literacy Education Campaign! We are spreading the word about PL with the goal to give children the competence, confidence and motivation to be active for life!

Check out our November activity calendar and try some of the activities, all of the activities, or use the ideas to inspire your own activities that incorporate learning the fundamental movement skills—but most importantly FUN!

## Additional Resources

Check out Be Fit For Life's physical literacy Children's Books and Resource!

Book "Reach, Twirl, Curl Up Small!" along with its resource for Early Childhood Educators as well as book "Let's Go Play on a Winter Day!" can be ordered online at [Be Fit For Life](http://BeFitForLife.ca).



Westman Physical Literacy

# WESTMAN PHYSICAL LITERACY

## Helping kids learn to MOVE!

## Physical Literacy ABC's—Useful in all Sports

Developing the ABCs – agility, balance, coordination and speed – is an important part of physical literacy. A number of activities can help teach and refine them:

⇒ Gymnastics allows young children to learn and develop their agility, balance, and coordination.

⇒ Athletics (track and field) builds speed and coordination.

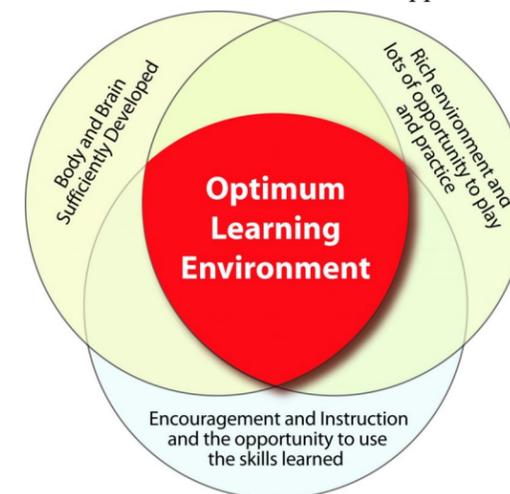
⇒ Skating and skiing provide opportunities for the development of balance, coordination and speed.

⇒ Soccer helps with speed, agility and coordination.

⇒ In addition to developing confidence and safety in the water, swimming or Synchro develops balance and coordination.

⇒ Cycling (or skateboarding or horseback riding) develops balance and the judgment of speed.

**What this means for parents**  
Parents and caregivers should help ensure their children have the opportunity to



**Physical literacy ABC's—  
agility, balance,  
coordination  
and speed**

take part in all of these activities during the critical physical literacy years (0-12).

In communities with limited recreational opportunities, and for parents with limited financial resources, this may be difficult to achieve. This makes school physical education programs critically important, since they provide the only opportunities for the development of physical literacy for EVERY Canadian child.

Community recreation programs for pre-pubescent children could be organized to

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ensure that children are enrolled in single programs that cover a range of physical literacy skills, rather than single sport programs.

Sport programs offered by minor sport organizations are obviously going to focus on their own sport, but could do a much better job of teaching broad physical literacy skills, particularly in warm-ups and small-game activities, rather than teaching over-specialized sport-specific skills in isolation.

A national movement is underway for sports to collaborate and introduce children to "clusters" of sports.

[Canadian Sport For Life](http://CanadianSportForLife.ca)

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## What's happening in Westman?!

Physical literacy was on the agenda front and center in Westman at four separate events a few weeks ago—resulting in what we are sure will be a large number of new PL champions!

The PL 'blast' started off on October 20th with Healthy Brandon in motion teaming up with Dr. Dean Kriellaars to present a part 2 workshop on Physical Literacy (part 1 was held in August 2015). If there is anyone in this country that knows physical literacy—it's Dr. Kriellaars. The exercise physiologist is a faculty member for the College of Rehabilitation Sciences at the University of Manitoba. His research focuses on PL as the fundamental basis for developing active participation in society. He has received numerous teaching awards, service to community awards, as well as international and national awards for research. He works with many agencies to improve community wellness including Sport for Life, PHE Canada, Project Play and Cirque du Soleil. In the part 2 workshop Dr. Kriellaars built on what he presented in part 1 and focused on the next steps such as how to assess PL, how it fits into each sector and how to implement it (from injury prevention/mobility enhancement to recreation programming and everything in between). Dr. Kriellaars engaged the attendees (professionals from a variety of sectors including education, health, childcare, recreation, sport and physiotherapy) with a captivating slide show, plenty of activities and valuable group discussion.

Next up was the Brandon Teachers Association L.I.F.T. (Learning Information for Teachers) conference on October 21st where Dr. Kriellaars also did two keynote presentations for teachers of the Brandon School Division. His session focused on the worldwide growth of the PL Movement, and the need for it in our 'slow kill, inactive thrill' culture. The history and definition were presented, as well as recent studies which have identified physical illiteracy as a cause of inactivity, and finally successful Canadian interventions in the education, recreation and sports sectors.

*"Physical literacy is as essential as literacy. Just take "physical" out and it's the same as literacy: that's how valued it must be."*



Also on October 21st was the Brandon Healthy Families 3rd Annual ECE workshop. The workshop was titled "Bodies in Motion – Physical Literacy 101" and focused on PL in a number of ways. Breakout sessions included "Engagement in an Active Start" which discussed the importance of fundamental skill development in 0-6 year olds; and "Physical Literacy 101" which discussed PL



Attendees of the Family Conference practice their balancing skills

and brain development, simple activities that can be integrated into existing programs, how to provide opportunities for self-directed and active play, the value of 'risky play' and screen time and other sedentary behaviours.

Finally, Healthy Brandon hosted a free Family Conference on October 22nd that focused on mental and physical wellbeing. Healthy Brandon made use of Dr. Kriellaars being in town and had him as a keynote speaker to present on PL as it relates to parents and families. Also presented by a member of Westman Physical Literacy was a breakout session focusing on fun, simple and inexpensive ways to work on the fundamental movement skills at home. Attendees walked away with a better understanding of what PL is, why it's important and how to incorporate into their daily lives.

Westman Physical Literacy is excited about the opportunity to work with some of the resulting champions in the future!

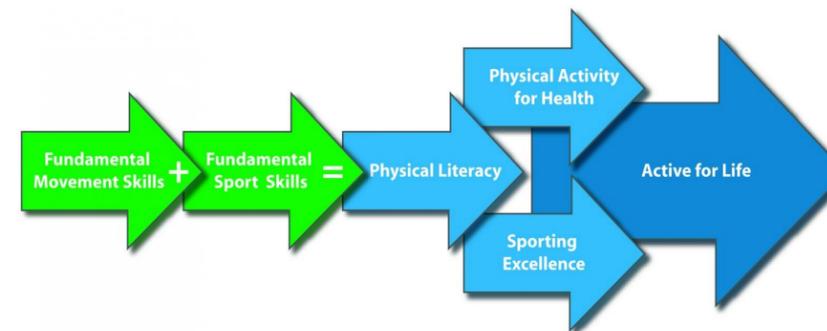
## ParticipACTION 150 Play List—For Canada's 150th Birthday!

Canada! It's time to make our nation's Play List. To celebrate Canada's 150th birthday, ParticipACTION is creating the ParticipACTION 150 Play List – the ultimate list of all the physical activities that make us Canadian. Challenge yourself and your friends to complete them all

throughout 2017 for the chance to get active and win a trip for three to Whistler, an appearance on TV, or even a new car! Over 100 events will be taking place from coast to coast so everyone has a chance to get moving, try something new, and prove how Canadian they really are!

But first, help them create the list and make sure your favourite Canadian activities are on it!

Visit [ParticipACTION](#) to start by voting for your favorite activities!



### A message from your Recreation Director...

Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community well being (National Framework for Recreation in Canada 2014).

Recreation Directors in Westman not only understand the importance of

recreation, but also the importance of physical literacy. Community recreation directors are including physical literacy activities and education into their programming. Parents and kids are responding positively to the new initiatives.

To find out more about the recreation and physical literacy opportunities in your community, contact your local recreation director.

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Physical Literacy ABC's

### Finding the sport that is right for your child

A child's desire to play a particular sport should always be the most important consideration when deciding to enroll them in a program. However, there are also ways to find out what sports your child might excel in. SportFit® is one such way.

**Some other skills to develop:** A couple of less obvious skills help round out physical literacy requirements – **prediction** and **interception**.

Think for a moment about what it takes to catch a softball hit high into the air. The child needs to see the ball leave the bat, predict where it will land and get to that spot for when the ball arrives. This ability to intercept the ball is a physical literacy skill that needs to be learned.

In stick, bat and racquet sports, the child needs to predict where the ball or puck is going and then swing their equipment so it makes solid contact with the moving object.

Learning these kinds of complicated skills requires:

- ⇒ Sufficient maturation of the brain and vision – which usually happens between the ages of four and seven.
- ⇒ Lots of opportunity to try to catch, intercept and hit objects of different shapes and sizes moving in various directions at changing speeds.
- ⇒ Good instruction, particularly about body position and what to look for, can dramatically help children master this critical physical literacy skill.

# November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <a href="#">Overhand catching</a>	2 <a href="#">Hula hoop blockers</a>	3 <a href="#">Crossing midline</a>	4 <a href="#">Pool noodle diy toss game</a>	5 <a href="#">Sumo wrestling</a>
6 <a href="#">Stuffed animal run</a>	7 <a href="#">Stair number learning toss</a>	8 <a href="#">Balloon badminton</a>	9 <a href="#">Stoplight beanbag toss</a>	10 <a href="#">Tightrope walking</a>	11 <a href="#">Name fitness game</a>	12 <a href="#">Walk the line</a>
13 <a href="#">Balloon batting</a>	14 <a href="#">Bear crawl</a>	15 <a href="#">Noodle up</a>	16 <a href="#">Laser wall strike</a>	17 <a href="#">Action cards</a>	18 <a href="#">Growing flowers</a>	19 <a href="#">String obstacle course</a>
20 <a href="#">Balloon juggling</a>	21 <a href="#">Walk on pillows</a>	22 <a href="#">Feather and noodle</a>	23 <a href="#">Marshmallow hockey</a>	24 <a href="#">Tape jumping games</a>	25 <a href="#">Mirror mirror</a>	26 <a href="#">Frozen ice cube scavenger hunt</a>
27 <a href="#">Snowman tissue box bowling</a>	28 <a href="#">Penguin waddle race</a>	29 <a href="#">Advent activity calendar</a>	30 <a href="#">Curling at home</a>			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <a href="#">Pumpkin golf</a>	2 <a href="#">Hula hoop blockers</a>	3 <a href="#">Gross motor bingo</a>	4 <a href="#">Pool noodle diy toss game</a>	5 <a href="#">Sumo wrestling</a>
6 <a href="#">Monkey bar challenge</a>	7 <a href="#">River leap</a>	8 <a href="#">Balloon badminton</a>	9 <a href="#">Running long jump</a>	10 <a href="#">Soccer dribbling</a>	11 <a href="#">Name fitness game</a>	12 <a href="#">Standing broad jump</a>
13 <a href="#">Tennis ball bounce catch</a>	14 <a href="#">Twist and Shout</a>	15 <a href="#">Noodle up</a>	16 <a href="#">Laser wall strike</a>	17 <a href="#">Yoga positions</a>	18 <a href="#">I say you go!</a>	19 <a href="#">String obstacle course</a>
20 <a href="#">Balloon juggling</a>	21 <a href="#">Let's be fit</a>	22 <a href="#">Feather and noodle</a>	23 <a href="#">Marshmallow hockey</a>	24 <a href="#">Tape jumping games</a>	25 <a href="#">Hot potato</a>	26 <a href="#">Frozen ice cube scavenger hunt</a>
27 <a href="#">Snowman tissue box bowling</a>	28 <a href="#">Penguin waddle race</a>	29 <a href="#">Advent activity calendar</a>	30 <a href="#">Curling at home</a>			